



## Spina Bifida in New York

Spina Bifida, the most common, permanently disabling birth defect that is also compatible with life in the United States, affects approximately 1,500 births each year. Spina Bifida is a serious and life-long condition which occurs when the spinal cord fails to close properly during the early stages of pregnancy. Approximately 10% of babies born with Spina Bifida do not live into adulthood.

- In New York, 2.06 babies are born with Spina Bifida per 10,000 births (data collection period: 2010).
- Recent research has estimated that the number of Americans living with all forms of Spina Bifida may be as high as 166,000. Based on this national estimate and the birth rate of Spina Bifida, approximately 4,015 people with Spina Bifida live in New York.
- In New York, there are an estimated 6.3 million women of childbearing age. All are at-risk of a Spina Bifida pregnancy. If women of childbearing age were to consume 400 micrograms (mcg) of the B-vitamin folic acid every day **before pregnancy**, the risk of Spina Bifida and other serious birth defects could be reduced by up to 70%.
- Approximately 3,200 of individuals with THE most serious form of Spina Bifida, myelomeningocele (MMC), suffer from hydrocephalus, a dangerous fluid build-up around the brain, which necessitates surgery to implant a shunt in the brain. Unfortunately, shunts require frequent revisions, and 2,500 of these devices will fail within 10 years.
- 2,000 of the people living with Spina Bifida are adults, and 1,600 of them have MMC. Very little is known about aging with Spina Bifida. Very few physicians are willing to treat people with Spina Bifida or have the knowledge of treatments and interventions associated with its management.

*The mission of the Spina Bifida Association is to build a better and brighter future for all those impacted by Spina Bifida*

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Community Health Charities #10559

/spina.bifida.learn · @SpinaBifidaAssn · spinabifidaassociation.org

## Cost Related to the Care of People with Spina Bifida in New York

- The estimated cost of lifetime care related to Spina Bifida for the 10,640 of the people living with Spina Bifida in New York can exceed \$1,000,000 or \$4,015,000,000. Among adults with MMC, only half live independently as adults, accruing substantial costs for lifetime care.
- Out-of-pocket costs for direct medical care for children born with MMC are 13 times more than children born without MMC. These additional costs continue into adulthood when individuals with MMC pay 7 times more in medical costs than those without MMC.
- Family caregivers for Spina Bifida patients are 25% less likely to be employed and, when they are employed, work 25% fewer hours compared to those not providing Spina Bifida-related care.

### Clinics:

Montefiore Medical Center, Function Clinic  
**(pediatric – adults)**  
111 E 210th St.  
Bronx, NY 10467  
(844) 438-3862  
<http://www.function.center/home.html>

Columbia University / New York-Presbyterian  
ColumbiaDoctors  
**(pediatric - transition)**  
630 W 168th St.  
New York, NY 10032  
(212) 305-3535  
<https://www.columbiadoctors.org/condition/spina-bifida-pediatric>

NYU Langone Health  
**(Pediatric services provider)**  
550 First Avenue  
New York, NY 10016  
<https://nyulangone.org/conditions/spina-bifida-in-children>

NYU Langone Initiative for Women with Disabilities  
**(adult)**  
550 First Avenue  
New York, NY 10016  
<https://nyulangone.org/locations/initiative-for-women-with-disabilities>

Golisano Children's Hospital  
University of Rochester Medical Center

### (Ages served: Information n/a)

150 Crittenden Blvd.  
Rochester, NY 14642  
(585) 275-7520  
<https://www.urmc.rochester.edu/pediatrics.asp>  
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Upstate Golisano Adult Spina Bifida Clinic  
**(adult)**  
750 E Adams St  
Syracuse, NY 13210  
(315) 464-4014  
<http://www.upstate.edu/hospital/services/pediatric-services-clinics.php>

Upstate Golisano Children's Hospital  
**(0 – transition)**  
1 Children's Circle  
Syracuse, NY 13210  
(315) 464-5280  
<http://www.upstate.edu/hospital/>